



PELVIC FLOOR MUSCLE TRAINING *for* URINARY INCONTINENCE

Urinary incontinence is a common problem that affects the quality of life for millions of men and women in the United States...but, it doesn't have to anymore.

Training Your Pelvic Floor Muscles Can Help

- The muscles of the pelvic floor help support the bladder and the urethra, as well as work to help keep the urethra closed. When these muscles become weak - due to age and loss of estrogen, vaginal delivery of a baby, surgical procedure, or athletic training (such as being a runner) - urine is able to leak.
- Pelvic floor muscle training works to strengthen the muscles of the pelvic floor, increasing their bulk so that they are stronger and tighter, thus preventing the unwanted leakage of urine.

Biofeedback, Electrical Stimulation & the treatment of incontinence.

- Biofeedback is a highly effective, safe, and non-invasive method used to help you in the training of your pelvic floor muscles. It is a means of monitoring the electrical activity of your pelvic floor on a computer screen to help you learn to retrain your muscles and to use them correctly. Since these are not muscles we can see, biofeedback allows you a way of virtually 'seeing' your pelvic floor so that you can learn to contract your muscles at the appropriate times and prevent urinary incontinence.
- Electrical Stimulation, or E-stim, uses a mild, barely perceptible current to stimulate the targeted muscles of the pelvic floor. This causes a slight contraction in those muscles, and helps to bulk and strengthen them. E-stim is used along with biofeedback as a supplement to your exercises and pelvic muscle training.



What Types of Urinary Incontinence Can Pelvic Floor Muscles Training Help?

Overactive Bladder

- Pelvic floor muscle training is the **FIRST LINE TREATMENT** recommended by the American Urological Association for an overactive bladder.

Prostatectomy

- Urinary incontinence is common following radical prostatectomy. Strengthening the pelvic floor through targeted muscle training decreases urinary incontinence resulting from your prostate surgery.
 - Pre-surgery- pelvic floor muscle training will help prepare you for a quicker recovery following your procedure.
 - Post-surgery - pelvic floor muscle training will help you regain lost control and decrease or eliminate urinary incontinence all together.

Stress Incontinence

- Stress incontinence is common particularly among woman after the birth of a baby, and post-menopause. Stress incontinence is the involuntary loss of urine with a sneeze, cough, while laughing, or lifting something heavy. Strengthening the muscles of the pelvic floor is a highly effective means of eliminating stress urinary incontinence.

Urge Incontinence

- Because we cant directly control the muscle responsible for causing urge incontinence, working with the muscles of the pelvic floor allows you to indirectly counteract the overactive muscle and better control your urges. We used a combination of biofeedback for pelvic floor muscle training, urge suppression techniques, behavioral bladder training, fluid management, and dietary considerations to help you control your urge incontinence.

Mixed Incontinence

- Many people have a mix of more than one type of urinary incontinence.

Postpartum Urinary Incontinence

- If you have had 1 or more babies, chances are you've experienced some type of urinary leakage. Sneezing, coughing, laughing at those funny baby faces...maybe it was when you went to pick the baby up off the floor or doing jumping jacks during that postpartum "get your body back" exercise class. First of all, this is **VERY** common. And thankfully ladies, this is a problem that can be helped. Whether you've just had your first or fourth, and whether it was 3 months ago or 30 years ago, strengthening your pelvic floor muscles through targeted training with the use of biofeedback can help stop those little leaks.

Life Quality Resources has demonstrated expertise in treating the following:

ADD/ADHD

Life Quality Resources can help children and adults gain control of the frustrations and emotional roller coaster of ADD/ADHD.

Anxiety

Life Quality Resources can help lift the burden of constant worry and help you regain your life full of freedom, confidence, and success.

Autism

Let Life Quality Resources help you or your child lead a more comfortable life with fewer barriers to maximize potential.

Behavioral/Emotional Disorders

Let Life Quality Resources calm your fears about your child's energy levels, academic achievement, and behaviors at home and school.

Bipolar Disorder

Life Quality Resources can help you improve your response to life's challenges and support a healthy transition to your more balanced self.

Depression

Life Quality Resources can help you face hopelessness and despair with a renewed sense of purpose and positivity.

Insomnia

Life Quality Resources can help you regain the peacefulness and energy that getting consistent quality rest can bring.

Learning Difficulties

Feeling overwhelmed with all the information, tests, and lack of clarity about your child's condition? Let Life Quality Resources help you gain the perspective you and your child need to grasp the capacity for success that already exists.

Obsessive/Compulsive Disorder

Life Quality Resources can help you diminish obsessions and reduce compulsions.

Post Traumatic Stress Disorder

Life Quality Resources can help you put the past to rest and reclaim the life that you lived before your trauma.

Stress Relief

At Life Quality Resources, we can help you recognize the fine balance of expectations and abilities, and how this balance can help you more effectively manage the everyday stress in your life.

Substance Abuse

Life Quality Resources can help you recover from addiction and rediscover a life without dependency.

Urinary Incontinence

Life Quality Resources can help you regain control of your bladder, and ultimately to improve the quality of your life.



Balance your brain. Balance your life.

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